

**GODDESS
YOUNIVERSITY**

Workbook

**NOVENA
MASTER CLASS**

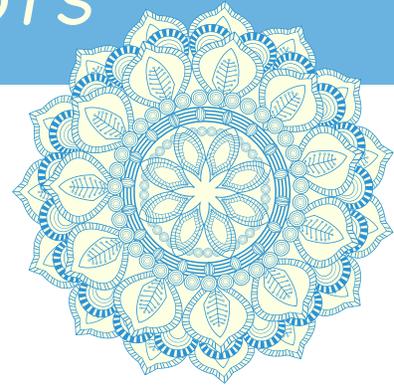
Mary Undoer Of Knots

JEANNE STREET



NOVENA

HOLY MOTHER MARY UNDOER OF KNOTS



Our life experiences can become the burdens that block our Joy.

We each have life lessons and challenges to face. Some of these experiences can burrow into a negative emotion within our body causing reactive tones in our thoughts, view of life and decision making.

We become trapped by the constant lull of energy and as a result, our life reflects the inner turmoil with an outer lack.

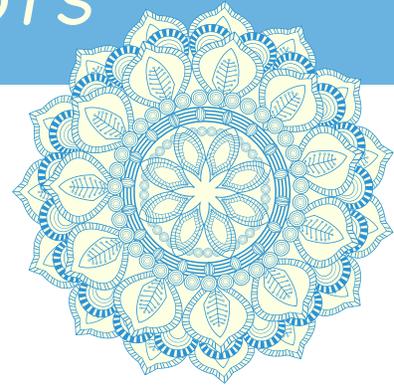
Abundance is something we are left desiring for instead of living in.

Ignoring our pain and wrongdoings only fuels the separation from Love and depleted energy we receive.

Our awareness is needed in recognizing the pain that no longer serves us, the sinful act we hold within us and the willingness to release them over to God. In doing so we are freed from the negative energy.

For the times and situations in our life that seem like unbearable knots of pain and despair and when our soul is depleted, the Holy Mary Undoer Of Knots Novena prayer that will make an incredible Holy difference in your life!





A little history of this prayer...

Holy Mary Undoer of Knots:

This devotional novena came forth from a painting by artist Johann Georg Schmidtner, called 'Mary Undoer of Knots with great Grace'. Venerated in the church of St Peter in Perlack Germany, dating back to 1700. The painting is derived from the work of St Irenaeus of Lyons, in the book *Adversus Haeres* (book of theology, Greece, year 180) Book III, chapter 22, he presents a parallel between Eve (as in the first woman God created) and Mary (The Holy Mother of Jesus) describing how for what the virgin Eve had bound fast through unbelief, thus did the Virgin Mary set free through faith. "Eve by her disobedience, tied the knot of disgrace for the human race; whereas Mary, by her obedience undid it".





The painting reveals the Holy Mother Mary with a crown with 12 stars adorning her head, this signifies Her Queenship of the Apostles. Mary consoled and counseled the Apostles after Jesus' death.

Mary's blue robe represents Her Glory as Queen of Heaven. Her feet are standing on a crushed serpent indicating victory over evil. Mary is suspended between Heaven and Earth with the light of God adorning her as the Holy Spirit appears as a Dove signifying the Holy Trinity.

Assisting Mary are a Heavenly court of Angels denoting Mary's position as Queen of the Angels and of Heaven.

The two Angels on either side of Mary holding the ribbon that cascades from each of Mary's hands are aiding Mary in our healing. The ribbon is significant of our life. The knots in the ribbon are the earthly problems, struggles and challenges we each face in life. The knots are the relationships that are broken, trauma, anguish, pain, sin, feelings of lack and all separation from Love.

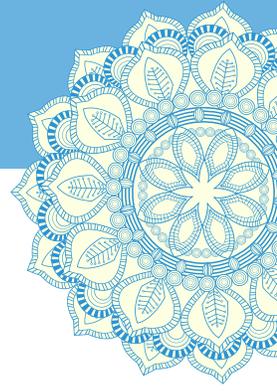
Queen Holy Mother Mary holds the ribbon as she holds us within her hands with love and Grace. We are held in Her Heavenly hands as we transcend pain and our personal knMary Undoer of Knots is a devotional Novena said for 9 consecutive days. A Novena is unlimited hope as we place our life in Mary's hands.

The Devotional Novena to the Holy Mother Mary Undoer of Knots is over 300 years old. The Mother Mary of fair and just love aiding us in difficult times, times of hardship and despair. Queen Mary shows us Mercy, compassion and Grace, She advocates for us and validates our needs as she rescues us with Her loving Grace.



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HOLY MOTHER MARY UNDOER OF KNOTS



Journal Prompts

Day 1

Write down your prayer request

Write down your emotional state of being during this first prayer.

Day 2

Close your eyes and envision Mary standing in front of you and holding your painful knot in her hands. Write down how you feel as you imagine Mary loving you in this moment.

Day 3

Mary's compassionate eyes are looking into your soul, how does this shift your view and change your pain point?

Day 4

When we are desperate we cannot witness the miracle of love, are you able to release and be still to receive?

Day 5

Envision your life ribbon before you, can you count the knots? How many are there?

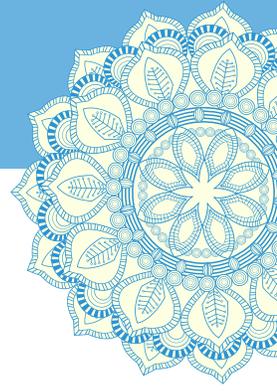
Day 6

What level is your faith at: 10 being the highest and 1 the lowest. Explain why your faith is at the number you've chosen.



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Journal Prompts

Day 7
Hope supports our faith by keeping it afloat. Where and how does hope inspire you?

Day 8
Freedom of suffering comes as we choose to allow love in. Explain how you are opening to receive love.

Day 9
God's Grace shines on you and through you. Tell how you are experiencing His Glory in your life.

BONUS
Write down your experience during your 9 days with Mary.

